Volume 1, Issue 2 December 2007

CATICAM ပ ~ ۵ CHILD NUTRITION PR 0

'Tis the Season to Be Healthy. . .



CNP Projects

Luann Shipley, Child Nutrition Director

I want to update you on some of the projects we've been working on since the last newsletter. Our State Board of Education is considering the adoption of a rule to assure that foods of minimal nutritional value are not available for sale to students. This would help all of you alleviate problems with vending machines stocked with products that cannot be sold in the eating areas during meal times. We'll keep you posted on the content of the rule.

Some of you know that I am a co-chair of Action for Healthy Kids in Utah. We've developed a knowledge-based presentation on rising problems related to childhood overweight and obesity that offers technical assistance to school boards as they develop healthy school policies.

I'm also working with the PTA to encourage teens to become more active in their school concerning the contents of vending and school sales and to be advocates for healthy choices. We believe if students help select healthy items, they'll be more likely to purchase them. The last thing we want to do is limit school sales revenues, but we are confident there are items available that would appeal to teens, be healthy, and provide a profit to school programs. If you have questions about any of these initiatives, please telephone me. I look forward to hearing your ideas!

NSLP Update

Charlene Allert, Child Nutrition Assistant Director—NSLP

In the last newsletter, I briefly addressed the concept of free and reduced-price verification. Each district/charter school should have randomly picked the applications it needs to verify and completed the process on or before November 15th. Now you'll need to keep track of any families who were taken off of free or reduced-price meals because they didn't provide proof of their income and who reapply for benefits. When they reapply, they must submit proof of their income. You'll keep track of those who reapplied and were approved on or before February 15, 2008. Verification of applications is a required part of participating in the National School Lunch Program.

At our last business meeting, Brian Gardner provided a tour of our new web page. If you have questions or suggestions, please tell us — we want the page to be useful for you!

We are working toward a web-based program you will use to apply for all our programs and prepare your monthly claims. We'll try to keep you updated on the process. Right now, the first program on the computerized system will be the Summer Food Service Program.

In the News...

We're happy to announce that a new specialist will be working with schools. His name is Matthew Anderson and he started at the end of October. Matthew and Terra will both be learning the SMI and CRE reviews with Charlene. We'll introduce him to you at Winter Conference!

Issue Highlights

- 🔢 Breakfast Promotion
- Summer Food Highlights
- **Best Practices: Winter Wellness**
- Brood for Thought: The Whole Grain
- **Commodities Update**
- 🔀 Calendar of Events
- Featured Recipe: Taco Soup

10, 9, 8, 7, 6, 5, 4, 3, 2, 1—BLAST OFF! Blast off to Planet Breakfast and fuel your imagination with this school year breakfast promotion.

Utah ranks in the bottom ten in the nation for students who participate in the National School Breakfast Program, compared to those that participate in the National School Lunch Program. For every 100 students that participate in NSLP, only 33 participate in NSBP.

Research shows that students who eat breakfast have higher math and reading scores, better speed and memory in cognitive tests, fewer visits to the school nurse, improved classroom behavior, and reduced tardiness. These students feel good, are happy, and are more alert throughout



the school day. Students who eat school breakfast have a better diet overall, and consume less fat and more magnesium, vitamin C, and folate. They eat a wider variety of fruits and drink more milk than students who do not eat school breakfast.

So the question remains, why is Utah's breakfast participation so low? SNAU, the Dairy Council, and the USOE CNP want to help each school increase its breakfast participation. Our goal is to increase breakfast by 10 percent across the state. That means that every school on the program needs to feed nine more stu-

dents per day—and even less if more SFAs start to serve breakfast. If we all do our part, we can meet our state goal, and more kids will have the benefits of eating breakfast.

National School Breakfast week is March 3-7, 2008, but don't wait until March to blast off to Planet Breakfast—start now! Schools across the state have pledged to raise their breakfast participation and entered to win great prizes at SNAU area meetings. You don't have to belong to SNAU to be eligible for the great prizes that are being offered for schools that increase breakfast participation in our pilot program. For more information about the "Fuel Your Imagination" promotion, log onto www.schoolbreakfast.org.

Summer Food Highlights

Elaine Jensen, Analyst

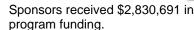


Hunger does not take a vacation. What is in when school is out? Summer Food Service Program (SFSP).

What a year! We had 29 Seamless and Regular Summer sponsors, with 198 sites serving meals to children. The sponsors offer healthy meals at parks, schools, and camps.

Preliminary figures indicate Summer Food Service Program sites served:

Breakfast	100,379
Lunch	947,973
Snack/Supper	3,251



Several sites were visited by our staff, and we found kids lined up to

get a meal. We noted many families spending time with their each other as they enjoyed their lunch.

Our office would like to thank the sponsors and their staffs for the hard work they do to ensure meals are available to the community during the summer vacation.

Contact our office if you are interested in participating in the SFSP program.

Best Practices: Winter Wellness

Louise Frey, Specialist



Winter is not only gearing up, it's here! Unfortunately, the joys of winter can be

offset by concerns about staying healthy. We've accumulated a few winter wellness ideas, including some from Lynn Saboranti, RD.

The most important tip is to wash your hands frequently. You've heard it before, but it's still good advice.

Next, drink lots of water, not pop.

Stay active. You feel more sluggish and tired in winter, but you can do a few things. For example, walk for 15 or 20 minutes during a break or lunch, take the stairs, or take your pooch around the block instead of just out the door. You can even walk around the office a few times.

Don't forget your daily vitamins. Besides your multi-one-a-day, there are others that help the immune system. Antioxidants like vitamins C and E, and beta-carotene, as well as the mineral selenium, protect the cells. Vitamin C works closely with other antioxidants like vitamin E, which enhances immune system function. Zinc also helps maintain a healthy immune system.

VOLUME 1, ISSUE 2 LEARN RIGHT, BEE BRIGHT

Whole grains are better than refined grains as they provide our bodies with vitamins, minerals, fiber, and nutrients. These are great sources of energy to fuel our bodies and give us a boost to complete daily tasks. Eating whole grains can reduce the risk of cancer, heart disease, high cholesterol, blood pressure, stroke, obesity, and diabetes. The USDA encourages adults and children to have at least half of their recommended grain servings come from whole grain sources. Specific guidelines for servings based on gender and age are found in the chart below.

Age	Females	Males
2-3	1.5-3	1.5-3
4-8	2-4	2.5-5
9-13	3-5	3-6
14-18	3-6	3.5-7
19-30	3-6	4-8
31-50	3-6	3.5-7
51+	3-5	3-5

Source: www.wholegrainscouncil.org, Lena Khouang/Collegian

When shopping, be sure to read the labels to see which items contain whole grains to ensure you are getting the right grains. Look for the following words on the labels.

"Whole wheat" or "100% wheat." This phrase means the grain contained is wheat, although it may not be whole wheat. Items may say, "Made with whole grains." Look to see where the ingredients fall in the list of ingredients. Whole grain should be the first ingredient listed.

"Multigrain." This product contains more than one grain, although it may not contain whole grains.

"Whole-grain food." This means each serving must have 51% of whole grains. Although it will depend on the product for the amount of whole grain. For example bread will

contain more water than a whole grain cereal would. Therefore this product won't necessarily contain as much fiber.

"Enriched." This product has had vitamins added after it has been processed, although fiber has not been added.
Be sure to read the labels; many kinds of foods contain whole grains. By reading the package, you can identify whole grain foods correctly.

You can eat a variety of whole grain foods several times a day. For example, have a whole grain cereal for breakfast, and whole grain breads, pasta, or tortillas for lunch or supper. Try a whole grain snack such as popcorn, whole grain crackers, or fresh fruits and veggies. You can make simple, healthy changes in your food choices that will satisfy your hunger.

Commodities Update

Commodity Improvements

Food and Nutrition Services reviews all commodities and, where necessary, brings them in line with the Dietary Guidelines for Americans (DGA). Recent improvements in commodities include the elimination of trans fat from the frozen potato rounds, ovens, and wedges. The DGA also recommends increasing consumption of whole grain. Commodity whole grain spaghetti and rotini will be available to order for 2007-08 school year.

ECOS Training



We are headed into our third year of ordering commodities via ECOS. Most of you are very proficient in

placing your orders and running reports. We will be having a refresher course on January 9, 2008. The training will be held at the Utah State Office of Education. Registration is being sent via email.

Barbie Faust, FDP Specialist

Processing Inventory Levels



Remember to watch your levels of commodities that are at the processor. You do not want to get a stock pile of bulk product. If a

product is held too long at the processor it may have to be transferred to another recipient who can utilize it. This would cause you to lose that value of entitlement.

Upcoming Events

Keep yourself and others healthy with proper hand washing. The first week of December is **National Hand Washing Awareness Week**. "Spread the word, not the germs." Do you know the four principles of hand washing? Find out by visiting www.henrythehand.com.

Get ready to beat those winter blues by attending the **2008 USOE Winter Conference**. The conference will be held February 26-28, 2008 at the Holiday Inn Resort in St. George, Utah.



January—National Fiber Focus Month

January 9—ECOS Training @ USOE

January 31—Begin commodity order for SY 2008-09

February—National Heart Month

February 1—Site Monitoring Complete

February 26-28—Winter Conference, St. George, UT

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"Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential."



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WWW.SCHOOLS.UTAH.GOV/CNP

Submissions, suggestions, and comments are welcome.

Soup's On!

Taco Soup

1 lb. lean ground beef, cooked, crumbled and drained

1 (15 oz.) can kidney beans 1 (15 oz.) can black beans

1 (15 oz.) can pinto beans 1 (28 oz.) can diced tomatoes

1 (4 oz.) can diced green chilies 2 cups water

1 (10 oz.) can mild red enchilada sauce 1 garlic clove, minced

1/2 tsp. ground cumin

Toppings: shredded cheese, tortilla chips, sliced green onions, sliced olives and/or sour cream

Combine ground beef, beans, tomatoes, chilies, water, enchilada sauce, garlic, and cumin in a large stock pot. Bring to a simmer. Simmer for 15 minutes. CCP: Heat to 165°F for 15 seconds. CCP: Hold for hot service at 135°F or higher. Serve with choice of toppings. Yields 10 one-cup servings.

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